



## ALEXANDRA MARINE & GENERAL HOSPITAL

120 Napier Street, Goderich, Ontario N7A 1W5  
Phone (519) 524-8323 ex 5255 Fax (519) 524-4478

### Medical Imaging - Exam Prep Sheet

Appointment Date \_\_\_\_\_

Time \_\_\_\_\_

- The medical imaging booking clerk will be calling or emailing you (if you provided an email address) to book your appointment.
- If you need to cancel or change your appointment please contact the booking clerk at 519-524-8689 ext. 5255.
- If you are diabetic, pregnant or nursing please mention this when you are booking your appointment. Arrive 15 minutes early to register and always bring your Health Card with you.
- When you come in for your appointment, enter through the Emergency entrance. Register at the switchboard with your Health Card.
- Once registered, please proceed down the hall to the Medical Imaging department on the left. Have a seat and the technologist will be with you shortly.

#### Ultrasound

- Abdomen U/S:** Have nothing to eat or drink after midnight – Do not eat or drink anything until after your examination.
- Pelvic or Obstetric U/S:** Do not skip breakfast or lunch. Drink 4-6 large glasses of water 1–1¼ hours before your appointment time. Do not go to the washroom until after your examination. If your bladder is not full at the time of the appointment, you may be asked to rebook.
- Renal (Kidney's), Scrotal, Thyroid, Extremity (knee, shoulder) U/S:** No prep required

#### Mammography:

- Do not wear powder, deodorant, perfume or lotions on the day of your examination. Please wear a separate blouse with a shirt or slacks.

#### CT scans

\*For ALL CT examinations, please bring previous x-ray/CT/Ultrasound reports if done at another facility.

\*Do not stay off your medication before the CT scan unless directed by your physician.

- CT scan without Iodinated IV Contrast:** No preparation required
- CT scan with Iodinated IV Contrast:** Have nothing to eat or drink 4 hours prior to your exam. Make sure that you drink 6-8 glasses of water the *day before* your exam. Bring a list of current medications you are taking.
- CT scan with Oral Contrast:** Please arrive 90 minutes before your appointment time.

- ❑ **Upper G.I. Series/Barium Swallows:** Nothing to eat or drink after midnight. Do not eat or drink anything until after your examination. Do not chew gum.
- ❑ **Small Bowel Follow Through:** Please follow the preparation below.

**Bowel Preparation:**

**\*1 Box Pico-Salax** – the box contains 2 packets of bowel preparation. You will need to take them both. You can pick this up at the pharmacy.

**Day Before the Examination:**

1. Eat a normal breakfast
2. Clear fluids for the rest of the day (no solid food or milk products).
3. a) Take 1<sup>st</sup> packet of Pico-Salax at about 11:00 a.m. – mix it in a 150 mL mug of cold water. You must continue to stir while drinking the mug of Pico-Salax to ensure all the laxative has dissolved. Drink one glass of water (or more) each hour over the next 3 hours to replace fluids lost throughout the cleansing process.  
b) Take 2<sup>nd</sup> packet of Pico-Salax at about 3:00 p.m. – mix it in a 150 mL mug of cold water. Again, continue to stir while drinking to ensure the laxative has dissolved. Drink one glass of water (or more) each hour over the next 3 hours.
4. Liquid dinner of clear fluids (Clear Liquids: apple juice, chicken broth, jell-o, popsicles, water, black tea or coffee, etc).
5. Nothing to eat or drink after midnight – Do not eat or drink anything in the morning.

The exam may take 2-4 hours to complete, so please be prepared to stay that long.

- ❑ **Barium Enema:** Please follow the preparation below.

**Preferred Bowel Preparation:**

**\*Bisacodyl Laxative** (such as Dulcolax) – 4 tablets (5 mg each).

**\*1 Box of Pico-Salax** – the box contains 2 packets of bowel preparation. You will need to take them both. You can pick both this and the Bisacodyl up at the pharmacy

**Day Before the Examination:**

1. Clear liquids the day prior to the procedure (apple juice, jell-o, chicken broth, Gatorade, popsicles, water, black tea or coffee, etc). No Milk products.
2. At 8:00 a.m. take 4 Bisacodyl (Dulcolax) tablets by mouth with 1-2 glasses of water.
3. a) Take 1<sup>st</sup> packet of Pico-Salax at about 11:00 a.m. – mix in a 150 mL mug of cold water. You must continue to stir while drinking the mug of Pico-Salax to ensure all the laxative has dissolved. Drink one glass of water (or more) each hour over the next 3 hours to replace fluids last throughout the cleansing process.  
b) Take 2<sup>nd</sup> packet of Pico-Salax at about 3:00 p.m. – mix in a 150 mL mug of cold water. You must continue to stir while drinking the mug of Pico-Salax to ensure all the laxative has dissolved. Again, drink one glass of water (or more) each hour over the next 3 hours.
4. Nothing to eat or drink after midnight or in the morning. Diabetic patients may have a small breakfast on the day of the examination.